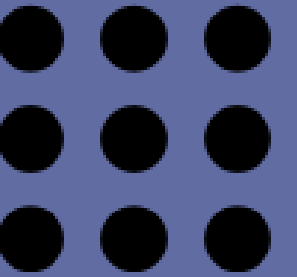




Suicide and Mental Health in the Covid-19 Era

Presented by Lina Sheth, Interim Director



Presentation Outline

Key topics for discussion

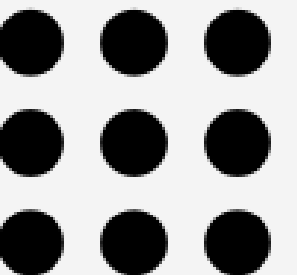
Introduction and Outline

San Francisco Suicide Prevention – Felton Institute

Overview of Suicide in San Francisco

Suicide and Mental Health in the COVID 19 Era

Considerations and Recommendations

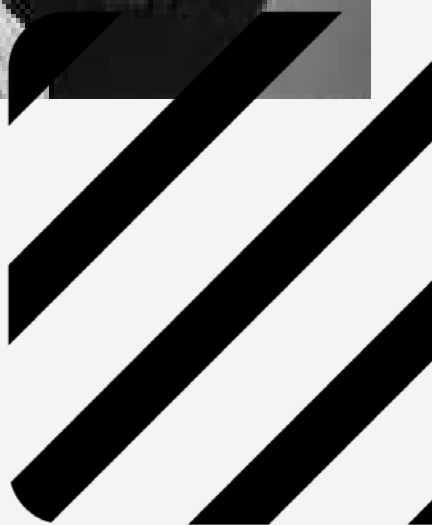
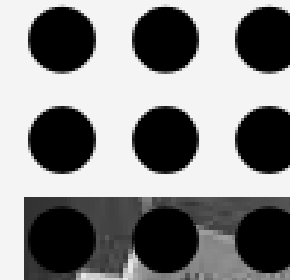


Bernard Mayes

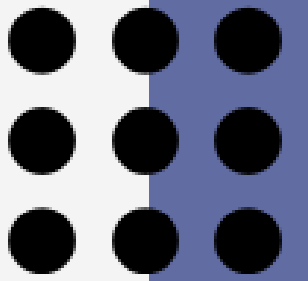
FOUNDER

SFSP is the 1st volunteer based suicide hotline in the nation, it was established in 1962 by Bernard Mayes an Episcopalian Priest and BBC news correspondent.

Fun Fact: One of the founders of NPR



We provide 24/7 emotional support to those in and affected by crisis including individuals experiencing suicidal ideation.

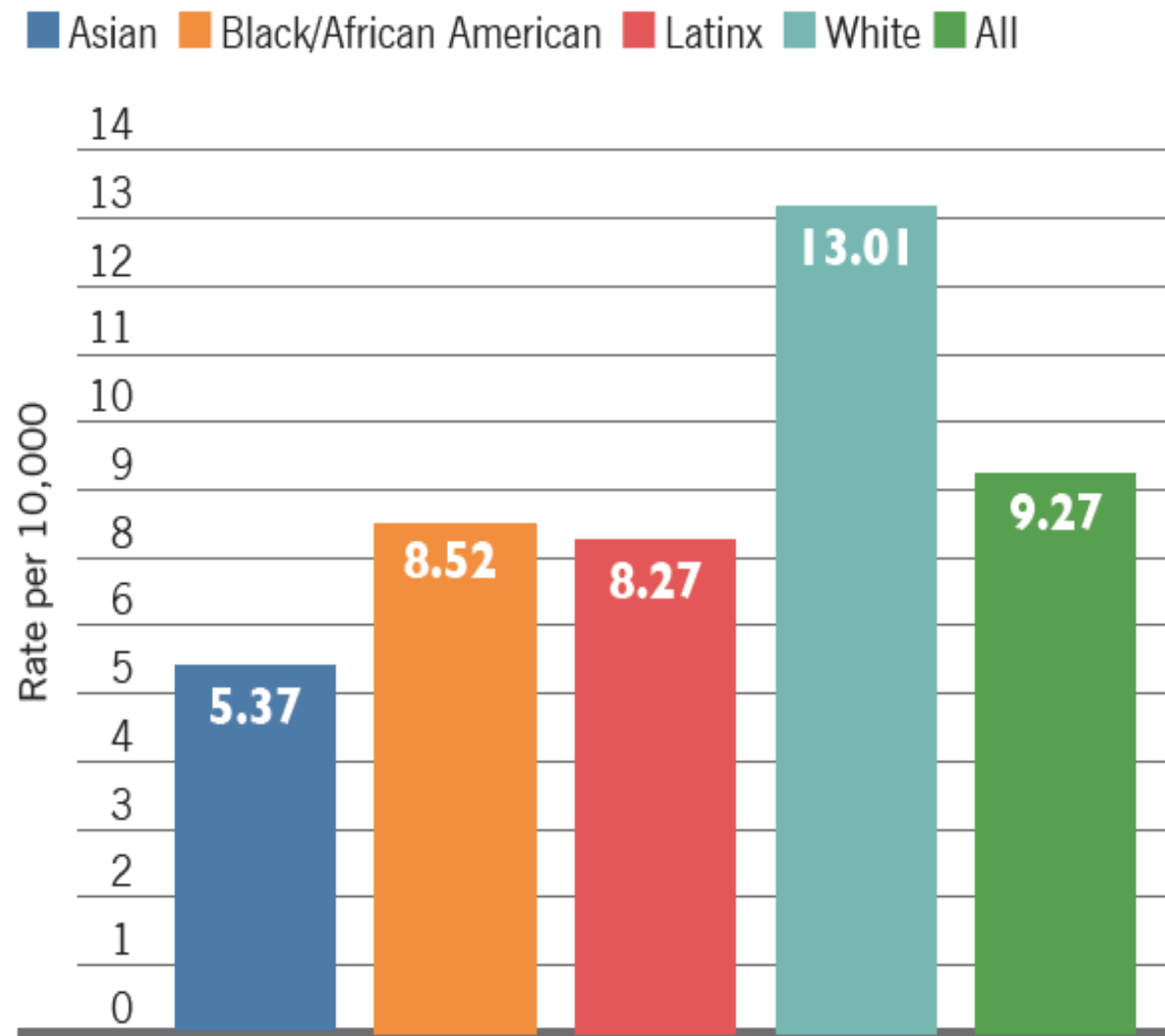




- Merged in 2019 to bring a community response to suicide into the broader clinical continuum of mental health and social services.
- Modernized operations, staffing and infrastructure to enhance program capability with remote operations, text and chat capacity.

Suicide Trends in San Francisco

Age-adjusted Mortality Rates due to Suicide by Race/Ethnicity in San Francisco, 2015–2017⁸



Suicide is the 12th leading cause of death in San Francisco.⁸

34 San Franciscans committed suicide between 2013-2017.

50.96 years is the average age of death for those who complete suicide.

Suicide completion is **3 times more common** among men than women (14.22 vs 4.95 per 100,000 population).

The suicide rate is the highest in the **Castro Neighborhood**.

Additional Factors

- Social isolation can be a precipitating factor in suicide
- 13% of SFUSD high school students and 20% of middle school students have considered attempting suicide
- LGBTQI SFUSD students 32-40% consider attempting suicide
- Low income SF residents 3X more likely to experience serious psychological distress (15.2% compared to 5.1%)

SFSP INITIATIVES



CRISIS LINES

- Crisis Line: (415) 781-0500
- HIV Nightline: (415) 434-2437
- Relapse Line: (415) 834-1144
- Access Line: (415) 255-3737
- **Central Coast
- **National Lifeline



PEER-LED GRIEF SUPPORT GROUPS

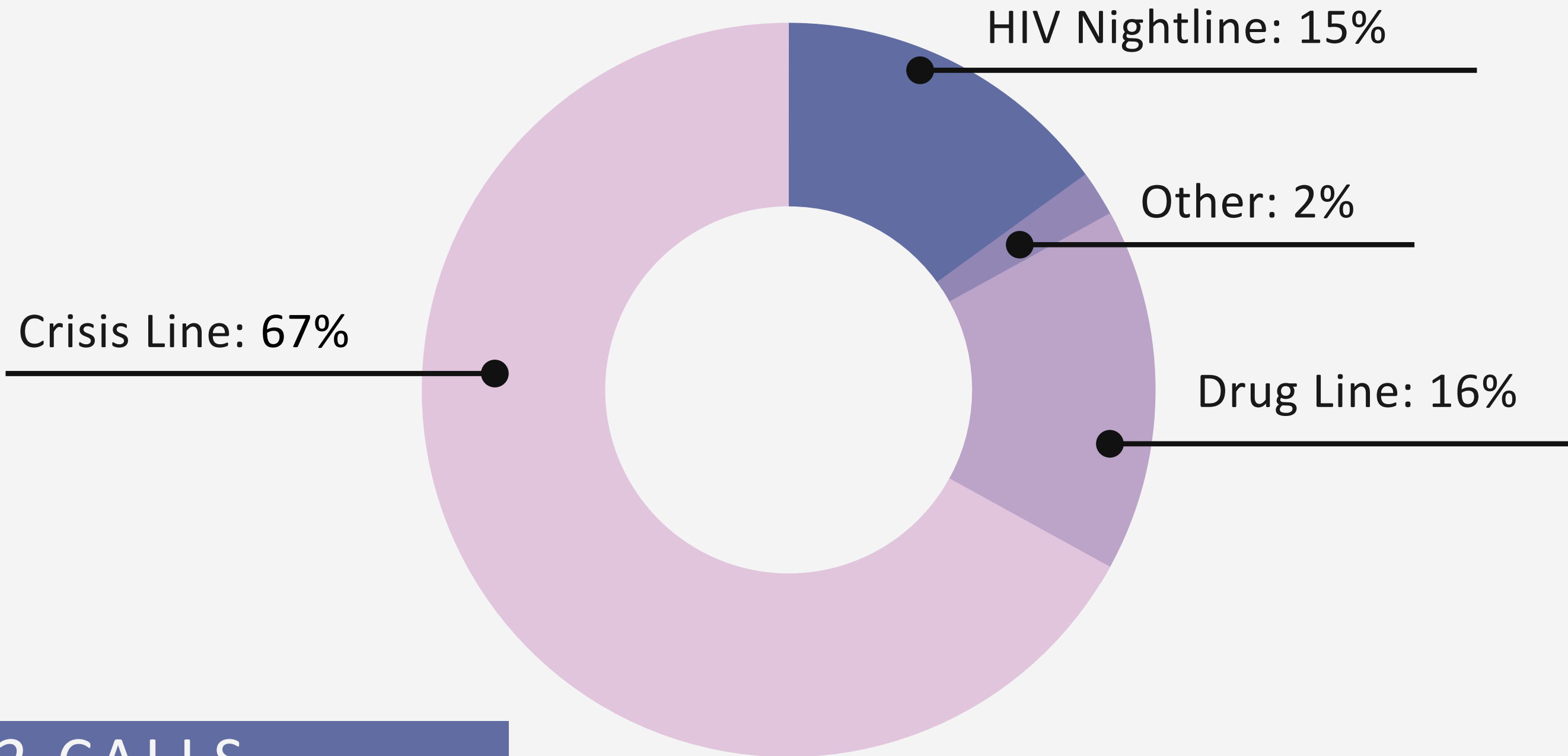
- Occurs every Monday



YOUTH/SCHOOLS AND COMMUNITY OUTREACH

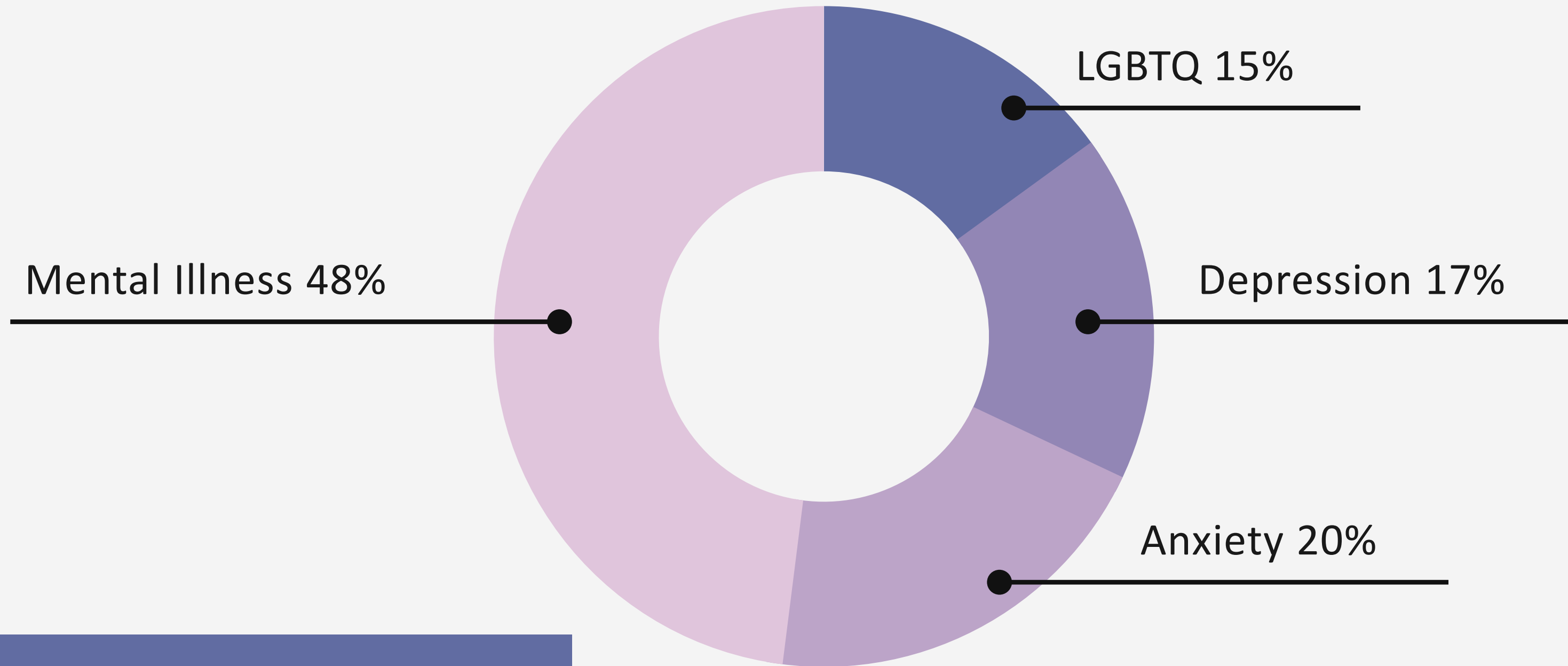
- Pre- and post-interventions presentations with students, SFUSD personnel, parents and community partners

Crisis Line - Program Overview



82,772 CALLS
ANSWERED

Crisis Line - Program Overview



CALL CONCERN



Community Education Overview

YOUTH RISK REDUCTION FOR FY 2018-2019

The impact



6,000

Youth Served from

40

30 Schools and 10 community sites





Program Overview

COMMUNITY OUTREACH FOR FY 2018-2019

The impact

1,845

Referrals offered

850

Community Members
Trained

25

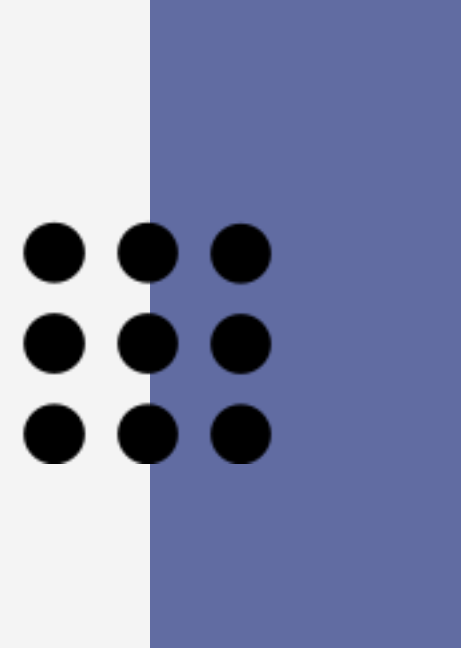
Organizations

400

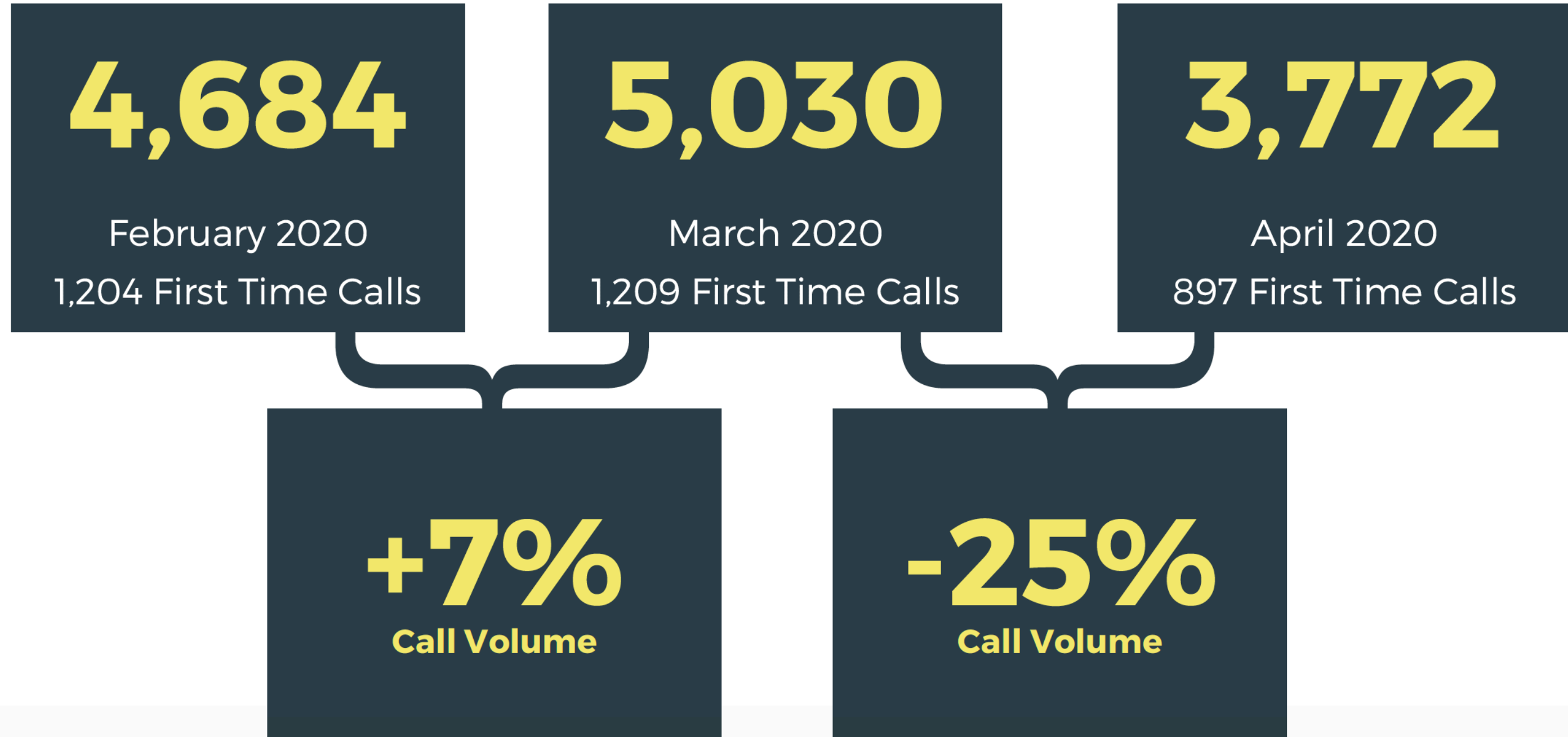
Police Officers In
Crisis Negotiation



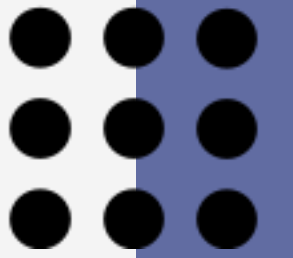
Crisis Line – Shelter In Place



Monthly Call Volume

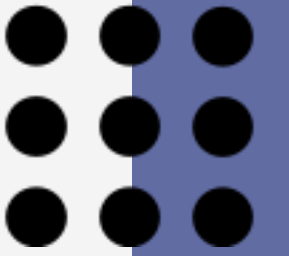


Crisis Line – Shelter In Place



- Increased Acuity and need of High Risk Caller gone up from 1-3 per month to 1-3 per week and emergency services coordination
- 22% of new callers with reports of anxiety, mental health and relationships
- 30% of callers want access to behavioral health referrals
- Medication supply chains being disrupted with Covid 19 emergency that stabilized patients with suicidal ideation are experience medication gaps

Considerations



- Rapid Response requires sustained supports stay in place to support San Franciscans with existing mental health issues, emerging stress and anxiety of newly vulnerable individuals.
- Recovery will require this expanded service on a system that is beyond capacity already at the acute, community and hotline levels. We need to be prepared for higher need and opportunities to intervene as unemployment, survival, and Covid 19's future impact on the city.



(415) 781 - 0500

If you or someone you know is thinking about suicide, please call us!

